

# *Health Promotion* **NEWSLETTER**

Health Department of the Euro-Africa Division

Number 26, Fourth Quarter 2000

## **EDITORIAL**

Dear colleagues and friends:

For those who have open eyes and understand the signs of the times it is clear that dramatic events are ahead, and we can feel the angels holding the winds back (Rev. 7:1) to give us time to finish our mission. What a privilege!

Fast changes occurring in our sinsick world produce insecurity and anxiety (Luke 21:26) but also new and unsuspected opportunities for promoting the gospel. Some of our traditional methods don't produce the same impact as before. Other organizations also are offering similar programs for stress management, weightloss, smoking cessation or fitness improvement. Similar - except for looking for spiritual help coming from inside the individual or from unknown "natural" forces, rather than from the only real source of help, Jesus Christ.

It is time to search for new methods of approach to people, including the use of modern technologies, but there is one aspect of our work which will never get outdated and this is the personal involvement with people. In fact, it acquires growing importance. As Wayne McDill has pointed out, "This kind of evangelism is costly, not in money or equipment, but in personal commitment." (*Making Friends for Christ*, p. 15)

Christ said that we are the light of the world and the salt of the earth (Mt 5:14,13). The knowledge God has given to His people illuminates the world and the light can be seen at far distance. But to taste the salt you must have direct contact with it. You have to smell and chew it! This is personal ministry.

"Christ's methods alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'" (*Ministry of Healing*, p. 143)

This is one of the reasons why health camp

meetings or Regeneration groups produce so good results as you can read in the reports from the field.

We strongly encourage all of you to continue exploring new ways!

May God continue to give you strength and joy in your sacred ministry!

Yours, for better health

*J. Hawlitschek*

EUD Health Department.

## **NEW NAME: HEALTH MINISTRIES DEPARTMENT**

We wish to inform you that the General Conference has changed the traditional name of the "Health and Temperance Department" to "Health Ministries Department" for several reasons:

First of all, the general public has difficulty in understanding the meaning of the word "temperance" as it has a connotation for moderation rather than abstinence. Besides that, the word "temperance" is also difficult to be translated into other languages. On the other hand, the word "ministries" imparts the idea of service and outreach, whereas the word "temperance" does not convey this concept. Our mission to promote temperance - according to Adventist understanding - continues to be integral part of the Health Ministries assignment!

The new name is in harmony with the names of other departments like "Women's Ministries", "Personal Ministries" and "Children's Ministries".

## **FADS AND QUESTIONS ON NUTRITION**

**QUESTION: What to do with new light? How to interpret scientific findings which are contrary to our beliefs?**

The headlines cry:

- Moderate drinking lowers heart attack risk!
- Tea strengthens the bones!
- Coffee reduces the risk of Parkinson's disease!
- Coffee lowers risk of gallstones!
- Coffee lowers the risk of colon cancer!
- Fiber does not lower risk of colon cancer!
- etc.

Science is progressing very fast in our days. New "discoveries" and "facts" are proclaimed constantly in popular books, scientific journals, radio, and Internet. Some may agree with our philosophy and some may disagree. What should be our attitude? Can we still trust in anything?

Even if all this new information may be confusing and often contradictory, there is no reason for despair. Of course, not everything should be believed at the first look, even if it sounds great! But how to separate truth from mistake or deceit?

There are a few basic rules to follow.

1. What is the source of the information? Sound information usually comes in expensive technical books or accredited journals which are not the domain of the simple person. Unfortunately a degree like MD, Dr or PhD behind the author's name does not always guarantee truth. The best thing to do in such case is to ask somebody who is knowledgeable in this field. They usually compare many findings from different reliable sources in order to get a broader picture.

2. Don't rush. Wait! Scientific evidence builds slowly. Each new published study must be viewed in relation to all previous findings. Just because it is the latest study doesn't mean it is the last word. Wait and the truth will eventually come out. Give it time.

3. Even if the *facts* are correct, the *interpretation* may be biased by the researchers own world view and the *conclusions* may be false or manipulated by particular interests (often commercial).

The new knowledge shall not be taken independently but must fit into the rest of the findings and agree with basic scientific laws and common sense.

The World Health Organization and the National Academy of Sciences know about the studies which appear to show that moderate drinking reduces heart attack risk but they still do not recommend the use of alcohol. Why? Because of the other adverse effects of alcohol such as cancer, social affects, road accidents, etc. All the effects must be looked at and not just one.

What if tea did strengthen the bones? It decreases iron absorption greatly. So there are other adverse effects.

Does coffee really lower colon cancer risk? In the Adventist Health Study it increased by about 66% the risk of colon cancer. It also doubled the bladder cancer risk. It even increased heart attack risk. In a low risk population small factors may show up as important factors but in a high risk population these small factors will often not be noticed.

What about fiber not lowering colon cancer risk? Does one study negate the other 23 which show just the opposite? And does not the fiber help in other aspects of life such as being good for the diabetic, for weight control, for possibly lowering breast cancer risk, etc.?

4. Fortunately, God in His great love did not leave His people in darkness. There are many good advices in the Bible, although often without giving any reason or explanation. God expects His children to obey Him by faith, in full confidence.

In our time, because of the rapid increase of environmental pollution and distorted life conditions God gave additional counsel to His remnant church regarding a healthy lifestyle which would be wise to follow.

Has not the truth been vindicated in regards to meat - with what we know today about its increased heart attack risk, the risk of colon cancer, prostate cancer, etc.?

Yes, the truth has been vindicated but this has taken years to come about. We have a more sure word of prophecy that others don't have. Just wait and give it time and truth will be vindicated.

"He who has a knowledge of God and His word through personal experience has a settled faith in the divinity of the Holy Scriptures. He has proved that God's word is truth, and he knows that truth can never contradict itself. He does not test the Bible by men's ideas of science; he brings these ideas to the test of the unerring standard. He knows that in true science there can be nothing contrary to the teaching of the word; since both have the same Author, a correct understanding of both will prove them to be in harmony. Whatever in so-called scientific teaching contradicts the testimony of God's word is mere human guesswork." *Ministry of Healing*, 462

"God has permitted a flood of light to be poured upon the world, in both science and art; but when professedly scientific men treat upon these subjects from a merely human point of view, they will assuredly come to wrong conclusions." *Christian Education*, 193

"God is the author of science. Scientific research opens to the mind vast fields of thought and information, enabling us to see God in His

created works. Ignorance may try to support skepticism by appealing to science; but instead of upholding skepticism, true science contributes fresh evidences of the wisdom and power of God. Rightly understood, science and the written word agree, and each sheds light on the other. Together they lead us to God by teaching us something of the wise and beneficent laws through which He works.” *Counsels to Parents, Teachers and Students, 426*

## REPORTS FROM THE FIELD

### Good News from the Czecho-Slovakian Union

“Many greetings from this challenging country. I would like to inform you about some activities of our Health Department during this past year. God is definitely helping us and He is blessing our work.

We have established a firm infrastructure for both - our Health Department and also for the Life and Health Foundation. For both organizations we made a powerful tool - CD with 2 working manuals, one for Church Health Ministry and one for Public Health Evangelism. These manuals contain materials on lifestyle medicine for physicians, nurses and volunteers: NEWSTART, all Bible texts on health, many E.G. White references on health, historical evolution of our SDA health message and many other articles. What is special are 60 modern, very interesting slides in MS PowerPoint. Members of our health teams in churches love this CD, because now, they can easily prepare their own programs and select suitable color overheads.”

*Reported by Dr Petr Skrla, Union Health Ministries Department*

### Health Camps as Evangelistic Tool

“Our health message is proclaimed with power during family health camps in beautiful resorts. There were 3 in Slovakia and 2 in the Czech Republic, each camp with over 100 participants, more than half of them being non-Adventists. People enjoy the pleasant variety of daily activities: encouraging worships, vegetarian meals, health lectures, hiking, swimming, and time for socializing. Many participants return for a second time. These health camps have been some of our most effective evangelistic tools since we started them.”

*Reported by Dr Janka Noskova, Director of Life & Health Foundation, Slovakia*

### Health Leaders' Meeting in Czech Republic

“Our annual conference for SDA healthcare workers was also a great success with over 200 participants. The key message was addressed to

our health care workers and church members, stressing the need to discover the beauty of our health message and to support it (even by those who do not accept it). During this conference we have also mapped all our health manpower resources - their skills, education and their willingness to participate in health evangelism. Now we have a database with more than 200 health care volunteers - physicians, nurses, lab. technicians who are willing to participate in this great work.”

*Reported by Dr Petr Skrla, Union Health Ministries Department*

### Work for Addicts in Bulgaria

“Last year we started an addictions group in Sofia. If you remember, in the beginning we had a lot of problems, because we didn't know anything about addictions. Now we have some experience. Can you imagine - one of the alcoholics is baptized and also one of the heroin users (for 8 years). They both will study Theology. Then we have 6 addicts with heroin and 5 with alcohol and they are doing better. I can't tell all the wonderful moments that we have. Of course it isn't easy, because there are also a lot of hard and very, very hard moments, but as never before in my life I feel happy to do something in such a way. Now we are starting a Bible course in our club. We went to the youth conference and we had very nice meetings with our boys and girls. I think that there was the place where most of our young addicted people took good decisions. We also use the 12-steps and the 'Regeneration' program. We also started similar clubs in other cities of the country. Blessed work!”

*Reported by Dr Gergana Geshanova, Health Ministries Department*

## LITERATURE & MATERIALS

### WHO Videos on Smoking

There are 3 very useful videos of 12 minutes each, available in English, French, and one also in Spanish. Cost CHF 40.- each.

- Health Services Window to Tobacco-Free World, # 1650072
- La santé contre le tabagisme, # 2650072
- Breathe Free Smoke Free, # 1650006
- Tellement mieux sans tabac, # 2650006
- Hooked on Tobacco?, # 1650055
- Accrochés au tabac?, # 2650055
- Esclavo del Tabaco?, # 3650055

Order by phone +41-22-79 12476 or via e-mail: [bookorders@who.ch](mailto:bookorders@who.ch)

## PowerPoint Presentations on CD

Several health departments and some private individuals have produced, and continue producing, excellent health promotion materials in PowerPoint. We greatly commend such work but in order to further increase the usefulness of these materials, please allow some suggestions:

1. Take time to add detailed notes to each slide. This greatly helps the user in the church or public to explain what is being seen. Also be sure to add precise references to scientific remarks or quotes. This is particularly important when the presentations are used by persons who did not prepare these shows.

2. Avoid using fancy or uncommon fonts. When necessary, make a separate directory on the CD and add your special fonts to it so the user may install these fonts in his computer. This will be greatly appreciated.

3. If possible, make your presentation also in English because it will certainly cross the geographic borders of your homeland and be used in other countries or even continents. Think big! Think globally! We are a worldwide church!

## CONVENTIONS AND SEMINARS

### AMALF Congress, France

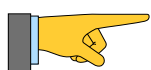
Date: October 27-29, 2000

Place: Montpellier

Subject: Food borne Allergies and Intolerances.

Among the speakers will be the best specialists of France and Dr Allan Handysides from the GC.

☎ +33 (1) 360.68.62.32



### AY2Y Training Seminar, Spain

Date: February 18-26, 2001

Place: Sagunto

This training program is directed to all Youth and Health Department Leaders of Spain, Portugal, Italy, France and others who are interested in the subject.

As mentioned in our previous Newsletters, the Division will emphasize alcohol and drug prevention during the next years.

The AY2Y Training Seminar in Sagunto will be a unique opportunity to meet expert leaders from the General Conference like Dr Allan Handysides, Dr Kathleen Kuntaraf, Dr Humberto Rasi, Dr Gary Hopkins, and others.

E-mail: [CorradoCozzi@compuserve.com](mailto:CorradoCozzi@compuserve.com)

## NEWSTART programs in Romania

All year round. There are also special programs for German groups and soon there will be English speaking groups. Ask for more information. Place: Health Promotion Center in Herghelia. Phone +40-65-169 169, Fax +40-65-168 007 E-mail: [herghelia@netsoft.ro](mailto:herghelia@netsoft.ro)

## KEY DATES 2000



**October 07-14** Week of Health  
Prepare a special program for the church.



**December 1** World AIDS Day  
Distribute the SDA AIDS-pamphlet.  
Focus on Biblical principles of prevention.

## THOUGHTS OF THE MONTH

*"The best and only way to avoid work is to love what you do so that it is no longer work."*  
Sidney Franklin

*"So I saw that there is nothing better for men than that they should be happy in their work, for that is what they are here for." Eccl 3:22 (TLB)*  
Solomon



Did you know that the word "sanitarium" was originally coined to designate the institution established by the Seventh-day Adventists in Battle Creek? See enclosed copy.

Seventh-day Adventist health promotion is in the front line!

The **Health Promotion NEWSLETTER** is a quarterly report about new health promotion materials, conventions, important addresses, working strategies, etc. For best effectiveness we kindly ask you to share such information with your co-workers and also to supply to our department pertinent information to be published. Let us unite in the proclamation of God's health message!

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